

The KITCHEN CUPBOARD

WASH DAY MENU.

MONDAY—BREAKFAST.
Steamed Cereal With Dates.
Fried Chicken, Cakes,
Bran Gems, Coffee.
LUNCHEON.
Stuffed Eggs.
Potato and Beet Salad.
Finger Rolls.
Tarts and Tea.
DINNER.
Little Neck Clams on Half Shell.
Sliced Mutton Roasted in Sauce.
Baked Broccoli Potatoes.
Dandelion Salad.
Stewed Peas Stuffed With Nuts.

Luncheon Tastes.

HAM CROQUETTES.—A cupful of finely chopped boiled ham, a cupful of breadcrumbs, two cups of hot mashed potato, a large tablespoonful of butter, three eggs and a speck of cayenne pepper. Beat ham, butter, pepper and two eggs into the potato. Let the mixture cool slightly, then shape into croquettes. Roll in breadcrumbs, dip in the third egg beaten, then in crumbs. Put into frying basket and plunge into boiling fat. Cook two minutes.

Baked Ham With Tart or Spice Sauce.—A ham, dash of pepper and cloves, three tablespoonfuls of flour, a quarter cupful of brown sugar, two cupfuls of water, two tablespoonfuls of vinegar, a few whole spices. The ham should be boiled the day before. Wash in warm water, then put on to boil in cold water enough to cover. Roll slowly thirty to forty-five minutes, leave in stock twenty-four hours. Remove the skin and dust with pepper and place cloves in the fat part. Cover with two tablespoonfuls of flour and brown sugar, add water, put in hot oven and bake forty-five minutes or until nice and brown, basting two or three times. Remove ham to hot platters, spoonfuls of vinegar, the whole spices and enough water to make two cupfuls. Add a tablespoonful of flour (thickening and boil three minutes; then strain. Bacon and Split Peas.—Put the peas to soak the day before required. Wash them well and remove any that are discolored. Tie the peas loosely in a muslin bag, then boil until quite soft. While the peas are cooking trim off the rind of some fat bacon, and just before the peas are ready for the bacon, place on a dish and keep hot. Roll the peas through a sieve, then add the seasoning and some of the bacon fat. The bacon and peas should be served in separate dishes.

Anna Thompson.

The KITCHEN CUPBOARD

ANCHOVY APPETIZERS.

ANCHOVY BONNE BOUCHES.—Prepare slices of very thin, crisp toast, stamp them out with a round cutter about one and one-half inches in diameter; butter them and place a layer of thin slices of roast chicken and anchovies very finely shredded lettuce leaves over each. Ornament the tops with fillets of anchovies in the form of lattice work. Dish up on a folded napkin, garnish with parsley and serve. Instead of buttering the toast a thin layer of tartare sauce may be used.

ANCHOVIES, SAUCE TARTARE.—To one-half cupful of mayonnaise sauce add a teaspoonful each of anchovy sauce, chopped shallot, parsley, chervil and tarragon. Cut thin slices from a large dinner roll, butter these and place on each a slice of hard cooked egg, two anchovies, boned and split; coat with the above sauce and serve garnished with watercress.

ANCHOVIES A LA RUSSIE.—Fry little rounds of bread in hot butter till a pale brown, put four tablespoonfuls of butter in a saucepan and when melted break in one whole egg and two yolks of eggs; beat well together until it begins to bubble over the fire; chop three olives with six anchovies, a little gherkin and two pickled walnuts or truffles, mix them with the eggs, stir well together; pile on the bread, which should be spread with a little anchovy paste, and serve very hot on hot plates.

ANCHOVY PUFFS.—Roll out scraps of pastry thin. Wipe and line six anchovies. Cut the pastry into pieces the length and double the width of the anchovies; place an anchovy on a piece of pastry, wet the edges and fold over pressing the edges well together. Place the puffs on a greased baking tin, brush them over with beaten egg and sprinkle with grated cheese and a dust of red pepper. Bake in a hot oven for ten minutes. Serve them immediately. Sardines may be used instead of anchovies.

ANCHOVY STEWS.—Rub or cut in three tablespoonfuls of butter into one and one-fourth cupfuls of flour, beat up the yolk of an egg with two tablespoonfuls of cold water, add this to the flour and mix it into a stiff paste. Roll it out on a floured baking board to one-eighth inch in thickness. Spread it over with a thin layer of anchovy paste and a dust of red pepper or paprika. Cut the pastry into thin strips about two inches long and lay them on a tin. Bake them a pale brown in a moderate oven. Serve them either hot or cold. For these the tin need not be greased.

Anna Thompson.

DAIRYING AND SOIL CULTURE

AN APPEAL TO FARMERS.

Pate of Nation Rests Largely on an Increased Food Supply.

President Wilson in his proclamation to the people appeals to farmers to do all in their power to increase the supply of foods. He says:

I take the liberty, therefore, of addressing this word to the farmers of the country and to all who work on the farms: The supreme need of our nation and of the nations with which we are co-operating is an abundance of supplies and especially of foodstuffs. The importance of an adequate food supply, especially for the present year, is superlative. Without abundant food alike for the armies and the peoples now at war the whole great enterprise upon which we have embarked will break down and fail. The world's food resources are low. Not only during the present emergency, but for some time after peace shall have come, both our own people and a large proportion of the people of Europe must rely upon the harvests in America.

Upon the farmers of this country, therefore, in large measure rest the fate of the war and the fate of the nations. May the nation not count upon them to omit no step that will increase the production of the food that will bring a end to the miseries of civil co-operation in the world. The situation is short. It is of the most imperative importance that everything possible be done, and done immediately, to make sure of large harvests. I call upon young men and old alike and upon the able-bodied boys of the land to accept and act upon this duty—to turn in hosts to the farms and make certain that no pains and no labor is lacking in this great matter.

I particularly appeal to the farmers of the south to plant abundant foodstuffs as well as cotton. They can show their patriotism in no better or more convincing way than by resisting the great temptation of the present price of cotton and helping, helping upon a great scale, to feed the nation and the peoples everywhere who are fighting for their liberties and for our own. The variety of their crops will be the visible measure of their comprehension of their national duty.

The governments of the United States and the governments of the several states stand ready to co-operate. They will do everything possible to assist farmers in securing an adequate supply of seed, an adequate force of laborers when they are most needed, at harvest time, and the means of expediting shipments of fertilizers and farm machinery as well as of the crops themselves when harvested. The course of trade shall be unimpeded as it is possible to make it, and there shall be no unwarranted manipulation of the nation's food supply by those who handle it on its way to the consumer. This is our opportunity to demonstrate the efficiency of a great democracy, and we shall not fall short of it.

FOR BETTER DAIRY Sires.

Bankers Aid Wisconsin Farmers to Secure Pure Bred Bulls.

In some sections the problem of securing good sires is a serious one, says a Wisconsin farm bulletin. Often bull clubs are formed by the farmers themselves, who combine their purchasing power to get the services of good sires co-operatively. In other communities bankers, merchants and creamery owners furnish funds on long time notes, making very satisfactory arrangements for their payment at the end of a two year period. A system of leasing sires, whereby a part of the money received from each farmer for service fees is used to pay the cost of bulls, is in use in several Wisconsin communities.

The plans described here have all been worked out. They are practical. There are undoubtedly many other successful ones. If your community could be benefited by a similar plan start it yourself. Don't wait for the business men to make the first step. Live stock raising is the biggest business in Wisconsin. Many country bankers realize it, and they will meet you half way, for they see the importance of profit producing farm animals in the proper development of their communities.

Here are a few suggestions about buying: First.—In buying a bull, get as good a one as you can afford. The sire, if a good pure bred, is more than half the herd. Second.—If possible buy from a breeder whom you know. Third.—Be sure you get stock from disease free herds. Fourth.—Do not expect to buy good cows cheap. The poorest cows are those that are for sale in most herds. Fifth.—Your best investment is to get heifers which have not freshened, but which have been bred to a registered sire of the same breed. Sixth.—Buy as near home as possible. You save expenses, and if animals are not satisfactory your chances for a return are much better.

Time of Planting Corn. May 1 to 17 has been the most profitable date during eleven years for planting corn at the Ohio experiment station at Wooster. Yields have been greater from corn planted in this period than from plantings made either earlier or later. The ears of the late planted corn have generally been small and immature.

FARM ANIMALS

CHANGE TYPE OF LIVE STOCK.

Except in Improvement of Dairy Herd It Is Tedious Process—Drive for Uniformity.

If one wished to change the type of his live stock he will find various roads open to him and he may be confused as to which to take. First and most common, a sire of the desired type may be bought for the herd and year after year improvements may go on in this manner. But it is at best a tedious process and, except in the improvement of the dairy herd, it had better be avoided. Life at best is not long enough to observe very marked results by this method.

A much better method in the case of beef cattle, sheep and swine, if many are kept, is to provide a few females of the desired type and allow a male of the desired type to which shall be gradually introduced, this will gradually change the type of the stock without the expense of buying a new sire or other live stock on the farm and to procure those of the desired type at one time. This is the ideal method if it is financially possible.

It is a fact that the ideal method of changing the type of live stock on the farm and to procure those of the desired type at one time. This is the ideal method if it is financially possible.

FEED BOX FOR HORSES

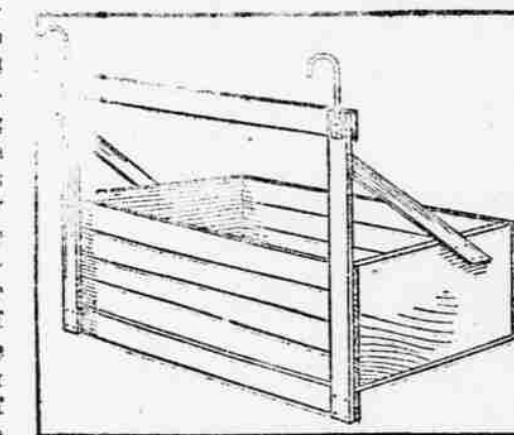
Two Parts Guts and One Part Bran Makes Suitable Feed—Add Little Water.

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FEED BOX FOR HORSES

Use Arranged to Fit on Wagon for Feeding Work Animals—Prevents Waste of Grain.

A teamster who is obliged to feed his horses during the noon hour at the noon hour has devised a feed box to take the place of a nose bag, writes Vinton V. DeVetter of Manhattan, Kan., in *Equine* magazine. When the box



Wagon Feed Box.

Is hooked over the top edge of the wagon box the height is just right for the horses. The box prevents waste of grain and provides a better way to feed the horses than in the wagon box.

FATTENING RATION IN IOWA

By Reducing Corn and Increasing Silage Rapid Gains Were Made With Less Expense.

Silage has cheapened the fattening ration for steers in Iowa. One lot, receiving each day 17 pounds of corn, 29 pounds of silage, 2 pounds of meal and 1 1/2 pounds of alfalfa, made gains at a cost of \$9.57 while another lot, receiving 8 1/2 pounds of corn, 51 pounds of silage, 2 pounds of meal and 1 1/2 pounds of alfalfa, made gains at a cost of \$7.67. The first lot averaged 2.94 pounds gain per day while the second lot averaged 3.04 pounds. Reducing the corn and increasing the silage increased the gains and cut down the cost of making gains.—North Dakota Agricultural College.

PREVENT WASTE OF MANURES

Careful Attention Should Be Given to Barn Yards and Other Places Occupied by Cattle.

Careful attention should be given to the prevention of waste of manure in the barn lot and other yards occupied by the cattle.

With the high price of potash now prevailing, it is also important that all wood ashes be saved and applied to the egg yield.

POULTRY FACTS



PLYMOUTH ROCK IS POPULAR

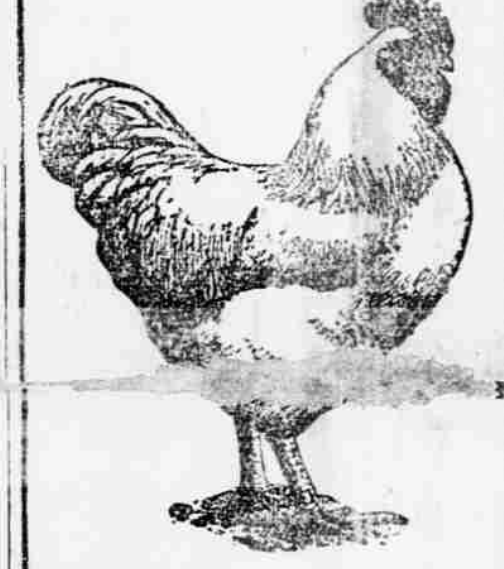
Bred as First Originated Was of Barred Variety—White is Hardy and Adapted to Farms.

The most popular of all American breeds of poultry is the Plymouth Rock. This breed was first originated as the Barred variety, which is yet the most popular of all the colors. Early in the breeding of Barred Plymouth Rocks fanciers reported the appearance of white chicks. They were "sports" and some were bred together, producing the present variety of White Plymouth Rocks. They have attained great popularity, widely bred, both for utility and fancy, and have proven perfectly satisfactory in either capacity.

They are hardy and especially adapted to farms. The hens lay large dark brown eggs of a grade much sought in certain localities.

The chicks are vigorous, strong and active, and grow exceptionally fast on range, reaching maturity at from five and one-half to six and one-half months old. They are readily salable for the highest grade of market poultry at all ages from broiler size to full maturity, and are very popular in some sections for the production of capons.

Males weigh from 8 to 11 pounds, females 7 to 10 pounds, and are prob-



White Plymouth Rock Cook.

ably the largest of all the Plymouth Rock family. Their plumage should be pure white, legs and beak deep rich yellow, combs small, single and fine. Such a fowl not only dresses to the best advantage and commands best prices, but is also very attractive in large flocks.

GIVE SOUR MILK TO CHICKS

Found Beneficial in Cases of White Diarrhea by Professor Kaupp of North Carolina.

When white diarrhea attacks a flock of young chicks many of them die, while those that survive are more or less stunted. Feeding freely on sour milk has been found beneficial. If sour milk does not act against the disease it at least gives the chicks greater strength and vitality so they are not seriously affected if attacked.

In some tests by Professor Kaupp of North Carolina he found that chicks fed on sour milk quickly recovered when attacked and the loss was only 10 to 16 per cent. In a similar lot, handled and fed the same except for the milk, the loss was 34 per cent the first month, while the remainder were in such a weakened condition that at the end of eight weeks 36 per cent had died.

TO GET EGGS DURING WINTER

Comfortable Houses Must Be Provided to Secure Most Profitable Returns From Hens.

Times have changed since chickens roosted out on the trees and fences. Once in a while you may see such farms where hens are permitted to follow this old way of roosting. But as a rule every hen must pay a profit or she goes to market and at an early age too. Hens are measured by the number of eggs they lay instead of by the number of pounds they weigh. Expensive houses are not necessary but must be comfortable to insure proper egg laying. A house should accommodate as many hens as space calls for without crowding; about two square feet of floor space per hen is about right. This keeps up the temperature in cold nights and still gives scratching room to insure egg production.

BRIGHTEN UP POULTRY HOUSE

Coat of Whitewash Given on First Warm Day Will Make Surroundings More Cheerful.

If the poultry house is dark and gloomy, give it a coat of whitewash on the first warm day and see how much that will brighten it up and make it more cheerful for the fowls. Barred legs make considerable difference in the egg yield.



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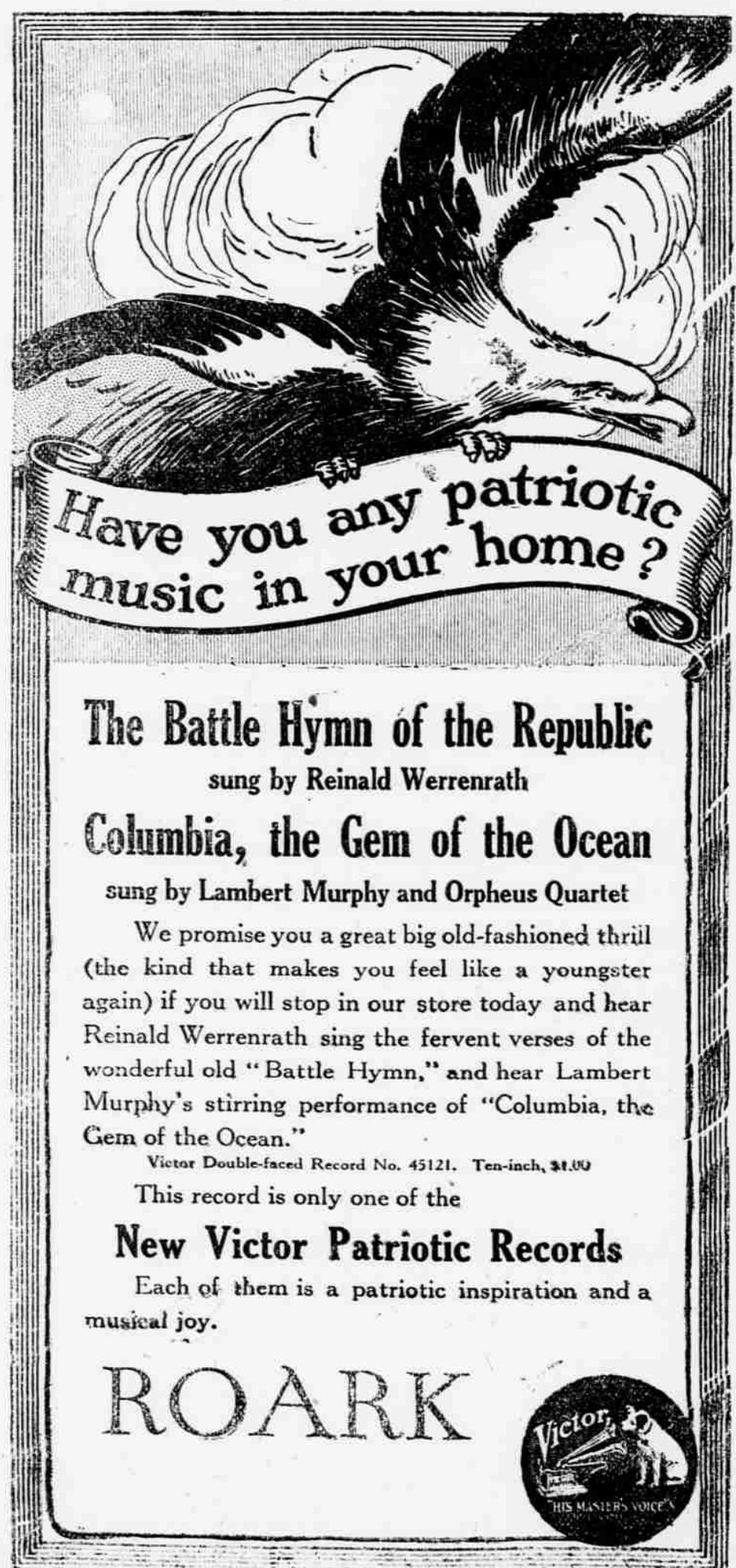
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